



FLORIDA DEPARTMENT OF HEALTH IN GULF COUNTY

Mission: To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

Wellness Newsletter July 2014

Visit our website at www.gulfchd.com



Are you eating as many fruits and vegetables as you should? Here are 10 easy ways to include them in your diet!

1. Stock your kitchen with fresh, frozen, dried or canned fruits and veggies.
2. Add fresh fruit or frozen berries to your cereal or pancakes.
3. Add spinach, asparagus, broccoli or other veggies to your scrambled eggs or omelet.
4. Include fresh or dried fruit and raw vegetables in packed lunches and snacks.
5. Keep a fruit bowl on the counter for quick snacks.
6. If you buy your lunch, choose the fresh fruit option instead of fries.
7. Keep a small bag of baby carrots or other raw vegetables within easy reach at home, or in a lunchbox or desk drawer.
8. For dinner, add vegetables to your meals you already love.
9. Add fresh or frozen vegetables to spaghetti sauce or casseroles.
10. Drizzle olive oil over vegetables and roast them for a delicious side or main dish.



According to the U.S. Government dietary guidelines, a healthy diet means eating more fruits and vegetables.

For each meal, aim to make 1/2 your plate fruits and vegetables.

For more information, visit <http://www.choosemyplate.gov/>

The newsletter was created by Talitha Robinson and Sarah Hinds. The information is provided for the purpose of education only and is not intended to diagnose and/or treat any medical and/or mental health condition. For specific medical advice, diagnosis, and/or treatment, please contact your primary care provider.

Community Health is a Community Challenge.

There are many topics currently being explored to improve the health of Gulf County citizens.

The possibilities include:

- Special healthy menu items at local restaurants
- Outdoor exercise equipment at parks and/or walking trails
- Increased access to the local Farmer's Market

To find out more, join the **Gulf County Community Health Partners**. Meetings are held at 12:00 pm EST on the last Wednesday of each month at Sunset Coastal Grill.



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happilymaintaining.tumblr.com



Florida Department of Health in Gulf County Contact Info:
Port St. Joe: (850) 227-1276, Wewahitchka: (850) 639-2644

Want to Join a
FREE
Fitness
Program?

There are free
programs
available on
Saturdays in
Gulf County!

July includes:

1. Walking Program
2. Zumba
3. Zumba Gold (adults 55+)

For more info, contact
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850-227-1276 x 205.